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**INTERNATIONAL INDIAN SCHOOL BURAI DAH**  
**TERM EXAMINATION (2019-2020)**  
**PHYSICAL EDUCATION**  
**CLASS XI**

**DURATION: 3 HOURS**

**MAXIMUM MARKS: 70**

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**General Instructions:**

- 1) Question paper consists of 26 questions.
  - 2) All questions are compulsory.
  - 3) Answer to question 1-11 carrying 1 mark should be in approximately 20-30 words.
  - 4) Answer to question 12-19 carrying 3 marks should be in approximately 80-100 words.
  - 5) Answer to question 20-26 carrying 5 marks should be in approximately 150-200 words.
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**Answer the following questions:**

**(1 mark each)**

1. What do you mean by health related careers in physical education?
2. What are Olympic Awards?
3. What is Olympic Motto?
4. What do you mean by Adaptive Physical Education?
5. What do you mean by inclusion?
6. What is Yoga?
7. Define endurance.
8. What is body composition?
9. What is flexibility?
10. Write about the Olympic Flame.
11. What do you mean by IOA?

**Answer the following questions:**

**(3 marks each)**

12. Discuss the importance of healthy / positive life style.
13. Briefly mention the importance of Yoga.
14. Briefly discuss about Deaflympics.
15. Define physical fitness and wellness in detail.
16. Briefly discuss Paralympic Games.
17. Briefly explain about International Olympic Committee.
18. Elucidate any three soft skills required in the field of physical education.

19. Last year, our school organized a programme “Run for Unity”. All the students and teachers of our school were involved in this race. Such runs promote unity, peace and harmony among the people. After covering a distance of two kilometers, one student suddenly felt chest pain. He complained to a teacher regarding pain. Immediately some of the teachers, who were running beside him, took him to the doctor for necessary check up. His blood pressure was measured and ECG was also performed. Doctor said that it was not the case of heart problem. It was surely the problem of second wind which is a usual phenomenon for individual who does not practice to run a race.

Based on the above passage, answer the following questions:

1. What is physical fitness?
2. What values did the teachers show by taking the student to the doctor immediately?
3. Was the student physically fit enough?

**Answer the following questions :**

**(5 marks each)**

20. Define physical education and explain its aim and objectives in detail.
21. Discuss the components of health related physical fitness in detail.
22. Explain the origin of Modern Olympic Games.
23. Discuss the components of health threat through life style changes.  
Discuss in detail.
24. Write a note on Special Olympic Bharat.
25. Discuss the elements of Yoga.
26. Write a note on Chacha Nehru Sports Award.